



# SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE DECEMBER 2012



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Chicken Chow Mein Over Fluffy White Rice Oriental Vegetables 12-Grain Bread Fresh Fruit	4	<b>NATIONAL COOKIE DAY!</b>  Lemon Lentil Soup w/Greens Meatloaf Garlic Smashed Potatoes California Blend Vegetables Oatnut Bread Cookie	5	Roast Pork w/Vegetable Gravy White & Brown Rice Blend Brussel Sprouts Wheat Dinner Roll Apple Sauce	6	Country Style Vegetable Soup Manicotti w/Italian Meat Sauce Yellow Squash & Zucchini Whole Grain White Bread Pineapple Tidbits	7	Orange Juice Fish Florentine Oven Roasted Potatoes Capri Blend Vegetables Rye Bread Apricots
10	Autumn Soup Mini Cheese Burgers Sweet Potato Wedges Corn Cobbets Mustard/Ketchup/Relish Saltines Fresh Fruit	11	Oven Fried Chicken Baked Beans Collard Greens Dinner Roll Sliced Pears	12	Baked Fish w/Lemon Dill Sauce White & Wild Rice Prince William Blend Vegetables Wheat Bread Fruit Cocktail	13	Potato Leek Soup Breaded Pork Steak w/Gravy Baked Potato Prince Edward Vegetables 100% Whole Wheat Bread Lemon Pudding w/Topping	14	Roast Turkey w/Gravy Mashed Sweet Potatoes Peas & Pearl Onions Cranberry Sauce Wheat Dinner Roll Sliced Pears
17	Apple Juice Breaded Veal Patty Parmesan Penne w/Marinara Sauce Italian Blend Vegetables Italian Bread Frosted Cake	18	Macaroni & Cheese Mixed Greens/Cucumber/Cherry Tomatoes w/Ranch Dressing Stewed Tomatoes & Zucchini 100% Whole Wheat Bread Fresh Fruit	19	<b>CRT HOLIDAY MEAL</b>  Grape Juice Stuffed Chicken Breast w/Gravy Holiday Vegetable Blend Seasoned Baby Potatoes Wheat Dinner Roll Ice Cream Sundae	20	Roast Beef w/Mushroom Gravy Mashed Potatoes w/Chives Whole Baby Carrots Dinner Roll Apricots	21	Cream of Broccoli Soup Breaded Chicken Cutlet On Multi-Grain Bun Leaf lettuce/Sliced Tomato Baked Sweet Potato 3-Bean Salad Fruit Cocktail
24	<b>CLOSED IN OBSERVANCE OF HOLIDAY</b>  <b>SEASON GREETINGS!</b>	25	<b>CLOSED IN OBSERVANCE OF HOLIDAY</b>  <b>SEASON GREETINGS!</b>	26	Orange Juice Onion & Teriyaki Glazed Chicken On Onion Roll Cucumber & Tomato Salad Potato Puff Apricots	27	American Chop Suey Spinach Salad w/Cherry Tomatoes/Cucumber Italian Dressing Green Beans Dinner Roll Fresh Fruit	28	Salmon Boast w/Newburg Sauce Rice Pilaf Broccoli Normandy Dinner Roll Pineapple Tidbits & Mandarins
31	Honey Glazed Chicken Quarter Corn Bread Stuffing Mixed Vegetables Rye Bread Apricots								

**Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.**  
All meals are served with milk, bread and margarine. **DONATIONS: \$2.00 (or whatever you can afford)**